



# The City of San Bruno and San Bruno Fire Department

*Presents*

## Community Emergency Response Team (CERT) Training

**FREE!**



Here is your opportunity to become a trained member of "CERT", the City of San Bruno Community Preparedness Program. Participants in this 20-hour series of classes will learn how to be part of neighborhood response teams, cross-trained in basic emergency skills. Each class emphasizes skills that will be practiced during a hands-on session at **San Bruno Fire Station 51**.



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| <p><b>Wednesday, September 11, 2019</b></p> <p><b>Disaster Awareness and Preparedness</b></p> <ul style="list-style-type: none"> <li>Disaster types, history and probability.</li> <li>How to prepare before it happens.</li> <li>What to do when a disaster strikes.</li> </ul>  | <p><b>Wednesday, September 18, 2019</b></p> <p><b>Basic Disaster Skills &amp; Disaster Psychology</b></p> <ul style="list-style-type: none"> <li>Natural gas, water and electrical controls: why when and how to shut them off.</li> <li>Types of fire and use of extinguishers to put the fire out.</li> <li>Team Well-Being</li> <li>Working with Survivors' Trauma</li> </ul>          |
| <p><b>Wednesday, September 25, 2019</b></p> <p><b>Medical Part 1</b></p> <ul style="list-style-type: none"> <li>Health considerations for the rescuer.</li> <li>Opening the airway.</li> <li>Stop bleeding and controlling shock.</li> <li>Triage, Burns, fractures, and other injuries.</li> </ul>   | <p><b>Wednesday, October 2, 2019</b></p> <p><b>Medical Part 2</b></p> <ul style="list-style-type: none"> <li>Health considerations for the rescuer.</li> <li>Opening the airway.</li> <li>Stop bleeding and controlling shock.</li> <li>Triage, Burns, fractures, and other injuries</li> </ul>   |
| <p><b>Wednesday, October 9, 2019</b></p> <p><b>Light Search and Rescue</b></p> <ul style="list-style-type: none"> <li>Different types of construction and where to look for damage.</li> <li>How to classify damaged buildings.</li> <li>Building marking system.</li> <li>Interior search patterns.</li> <li>Lifting heavy objects and mechanical advantage.</li> <li>Victim carries.</li> </ul> | <p><b>Wednesday, October 16, 2019</b></p> <p><b>Team Communications, Organization and Management &amp; Terrorism</b></p> <ul style="list-style-type: none"> <li>Composing emergency messages</li> <li>Hands on practice with Radios</li> <li>CERT Incident Command System; managing the disaster. Documentation</li> <li>Terrorist Targets</li> <li>Preparing at Home and Work</li> </ul> |
| <p><b>**Saturday, October 19, 2019**</b></p> <p><b>Skills Development and Application</b></p> <ul style="list-style-type: none"> <li>Extinguish fires.</li> <li>Triaging and treating victims.</li> <li>Extricating victims trapped by heavy timbers.</li> <li>Interior search for reported missing persons.</li> <li>Course Review.</li> <li>Graduation Ceremony</li> </ul>                      |   |



All classes will be held at **\*\*\*\*\*TBD\*\*\*\*\*** from 6:30 PM to 9:00 PM, *except for* **\*\*Skills Development & Application\*\***, which will be held at **San Bruno Fire Station 51, 555 El Camino Real** on Saturday, October 19<sup>th</sup> from 8:30 AM to 3:30 PM. **Please wear comfortable shoes and clothing to the last class.**

For registration sign up on [ONLINE](#) or contact the San Bruno Fire CERT Hotline (650) 616-7015 or email [aroldan@sanbruno.ca.gov](mailto:aroldan@sanbruno.ca.gov)